

# Junior Trispokes

Participate in a club workout	Complete a swim workout	Stretch after a tri session	Visit a club sponsor and use your discount
Complete an interval bike workout	Submit a club speaker or clinic idea (via email or facebook)	Become a USAT member	Complete a run workout
Complete an interval run workout	Take a rest day	<b>FREE SPACE</b>	Renew your Trispokes 2020 membership
Complete a brick workout (any 2 workouts back to back)	Get at least 7 hrs of sleep, 3 days in a row	Register for a 2020 race (Tri/Bike/Run/Swim)	Attend a club general meeting